

Indian Health Service Health Promotion/Disease Prevention Newsletter

November 2009

Winter Issue

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For more information about prevention resources, please visit the following websites:

<http://www.ihs.gov/hpdp>

<http://www.JustMoveIt.org>

<http://www.hncpartners.org>

Fiscal Year 2009-2011 Health Promotion/Disease Prevention Cooperative Agreements

On August 5, 2009, the Indian Health Service (IHS), Health Promotion/Disease Prevention (HP/DP) program awarded 11 new Cooperative Agreements to Tribal and Urban Indian organizations for the 2009-2011 funding cycle. The purpose of the cooperative agreement is to enhance and expand health promotion and chronic disease prevention to reduce health disparities among American Indian/Alaska Native (AI/AN) populations through innovative and effective community, school, clinic, and work site prevention programs. Focus efforts include enhancing and maintaining personal and behavioral factors that support healthy lifestyles such as making healthier food choices, avoiding the use of tobacco, alcohol, and other harmful substances, being physically active, and demonstrating other positive behaviors to achieve and maintain good health. The cooperative agreements include:

Forest County Potawatomi Community Crandon, Wisconsin

The Forest County Potawatomi Community (FCP) plans to develop and implement a Summer Youth Project. The FCP Health and Wellness Center, led by its Community Health Department (CHD), proposes a comprehensive community-based intervention designed to reduce risk factors and preventable disease among tribal members by utilizing an innovative public information and education strategy to encourage healthy practices and promote fitness, nutrition, cultural awareness, and preventing injuries among youth. Goals include improving nutritional awareness and behaviors among FCP youth through a summer feeding program; implementing a multi-phased fitness program to increase the level of physical activity; and coordinating a summer day camp to maximize participation in healthy practices and awareness activities.

Cooperative Agreements (Continued)

Fort Belknap Indian Community

Harlem, Montana

The Fort Belknap Tribe proposes to develop a multifaceted approach to eliminate obesity, diabetes, and cardiovascular disease among youth. They will be building on proven best practices program that utilize culture, technology, diet, and fitness to reduce diabetes, obesity, and cardiovascular disease.

Indian Health Board of Minneapolis

Minneapolis, Minnesota

The Indian Health Board of Minneapolis plans to develop a Youth Diabetes Prevention Program (Y-DPP) targeting American Indian youth grades 1st through 5th. Prevention efforts will focus on increasing fruit and vegetable consumption, increasing physical activity, decreasing alcohol and tobacco use and addressing school health policy to increase accessibility of healthier food choices and physical activity for students. Plans include implementation of WOLF curriculum, a 16-week session program that uses hands on activities.

Indian Health Care Resource Center of Tulsa, Inc. Tulsa, Oklahoma

Indian Health Care Resource Center plans to assess, identify and provide individualized intervention plan to American Indian children, youth and adults who are at risk of cardiovascular disease or diabetes. Intervention plan will include increasing awareness of risk factors, motivational interviewing and readiness to change assessments. Individuals will be encouraged and supported in setting specific, measureable, achievable, realistic, and time bound goals. Clients will be provided with appropriate tools and incentives to assist them in reaching their goals. Throughout the intervention, the client's progress will be monitored and the treatment plan will be reviewed and evaluated.

Oneida Tribe of Indians of Wisconsin Oneida, Wisconsin

The Oneida Tribe proposes to focus on preventing and controlling overweight and diabetes by implementing personalized wellness coaching and motivational interviewing to increase physical activity, to reduce unhealthy behaviors such as tobacco and alcohol use, and to increase consumption of healthier foods.

Pawnee Nation of Oklahoma

Pawnee, Oklahoma

The Pawnee Nation of Oklahoma will provide a variety of preventive activities and educational intervention that focuses on physical activity, nutrition, and substance and tobacco use. Strategies will include tobacco cessation program, promote Senior Olympics and walking programs, establish biking and walking trails, provide alcohol-free activities for youth, and implement Eat Better Eat More curriculum.

Penobscot Nation Health Department

Indian Island, Maine

The Penobscot Nation Health Department plans to develop nutrition and physical activity interventions to decrease obesity and obesity related diseases by improving nutrition and physical activity behaviors in children. Strategies will include implementation of nutrition education in the schools, to improve school lunch program, establish Healthy Eating and Baby and Mom Nutrition Club, and to develop a policy to support breast feeding in the workplace.

Pueblo of Santa Ana Bernalillo, New Mexico

The Pueblo of Santa Ana plans to hire a youth coordinator to expand community-based interventions to address youth obesity by promoting group physical activity, increasing access to physical activity, implementing interventions to promote healthy eating, and promoting healthy lifestyles that engages families.

Southeast Alaska Regional Health Consortium Juneau, Alaska

The Southeast Alaska Regional Health Consortium plans to support and enhance the work of the Healthy Wrangell Coalition by facilitating evidence-based public health practices and programming in the schools and community of Wrangell. This will assist the community to implement nutritionally sound practices in the school including the expansion of a new school food service, development of school meal plan and nutritional guidelines, and increase access to fruits and vegetables through a community garden. Additionally, they plan to increase community knowledge of the dangers of second hand smoke through an educational campaign and promote tobacco cessation.

Cooperative Agreements (Continued)

Washoe Tribe of Nevada and California Gardnerville, Nevada

The Washoe Tribe of Nevada and California (WTNC) will launch a youth lifestyles improvement program Living Yesterday for Tomorrow (LYFT), a one-week boot camp "Returning to Our Culture," focusing on healthy lifestyle, building self-esteem, self-confidence, and developing interpersonal and leadership skills.

Yukon-Kuskokwim Health Corporation Bethel, Alaska

The Yukon-Kuskokwim Health Corporation plans to target young girls and women of childbearing age to reduce tobacco use by increasing access to tobacco cessation program, and designing counter-marketing efforts that are culturally relevant messages both in English and Yup'ik languages.

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New Web Tools on HP/DP website

The HP/DP program is working to provide communities with more tools to promote health and wellness. One of the new tools is an Online, Search, Consultation and Reporting (OSCAR) system. OSCAR is a centralized database that contains best/promising practices and local efforts submission and access. In the future, we will be incorporating an online adult Community Health Assessment survey and focus group generator; the survey tool is currently in testing phases and is expected to go live by the end of 2010 with other portions to follow. Visit our website at: <http://www.ihs.gov/oscar/>

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Fiscal Year 2006-2009 HP/DP Competitive Grantee Highlights & Accomplishments

The Fiscal Year 2006-2009 HP/DP Competitive Grants are in the process of closing out their projects. Each of the grantees had received a ceiling amount of \$100,000 per year for the past 3 years. Below are highlights and accomplishments of the 13 American Indian and Alaska Native communities:

The Central Oklahoma American Indian Health Council, Inc. expanded an existing successful diabetes prevention program entitled Teaching Urban Roads to Lifestyle and Exercise (TURTLE) Camp. TURTLE Camp is for youth and their families to learn about the benefits of physical activity and nutrition, and learn how to change the environment to promote healthier lifestyles. TURTLE Camps were held with over 160 youth in attendance and parents/guardians attended cooking demonstrations. Post-test surveys indicated that the participants increase their knowledge on diabetes by 30%.

The Confederated Tribes of Warm Springs hired a Prevention Coordinator to provide a community-wide methamphetamine education and awareness program. Accomplishments included providing meth education in the schools that reached more than 400 participants; conducted monthly Public Service Announcements on meth awareness reaching more than 15,000 people; coordinated prevention conference with 130 participants, and disseminated culturally appropriate pamphlets to Tribal organizations and departments to increase meth awareness. The Tribal Council passed a 'Zero Tolerance for Meth' policy and 6 "zero tolerance" signs were posted in the community. Additionally, they hosted an Indian night out with 70 participants and coordinated a "Meth Awareness Day" with 60 community members in attendance.

FY 2006-2009 HP/DP Competitive Grantee Accomplishments (Continued)

The Rocky Boy Health Board, Chippewa Cree Tribe collaborated with the Special Diabetes Program and the Rocky Boys and Girls club to increase physical activity and promote healthier food consumption among youth. Prevention efforts included screening of 125 youth, of which 50 were found to be at risk for obesity. The Board provided pow wow and round dancing events that reached more than 275 individuals. Over 170 youth participated in the basketball, volley ball, and swimming; 24 youth completed the 16-week circuit training; and an average of 24 youth participated in the daily swimming and arts and craft activities.

The Huron Potawatomi, Inc. utilized multiple strategies to address risk factors that contribute to heart disease, cancer, and diabetes. Efforts included implementation of "Move It & Lose It," a 16-week program focusing on physical activity and nutrition; "Healthy Eating Challenge", a 24-week program; and "Moving around the Mitt" a 2,015 mile virtual walking program around the state of Michigan. All the participants were screened prior to starting the program. "Honoring the Gift of Heart Health", health fairs and "Burn It Up" programs were aimed to increase physical activity, eat healthier, and maintain a healthy weight. A monthly newsletter "Turtle Press" was published to increase participation among community members and their families.

The Inter-Tribal Council of Michigan provided "best practices" training focusing on tobacco, obesity, physical activity, and nutrition to seven Tribal sites in the Michigan area. At the end of the training each of the seven Tribes developed action plans to expand best practices. The Tribes selected activities and objectives from the "CDC Best Practice" or the "Guide to Community Preventive Services" targeting tobacco, obesity, physical activity, or nutrition. The Inter-Tribal Council of Michigan partnered with YMCA to increase participation in physical activity and developed second hand smoke prevention campaign.

The Indian Health Resource Center of Tulsa, Inc. developed culturally appropriate physical activity, health education, youth development, and family support services for children, youth and families. Over 340 individuals received nutrition counseling on diabetes prevention, exercise, and weight/stress management. Of which, over 80% had set measurable lifestyle change that included weight loss, increased physical activity, healthier eating, etc. Over 80 children received screening services that included fasting glucose, HDL, LDL, total cholesterol, and triglycerides. Those who were identified at risk were referred to their primary provider and dietician for consultation.

The Kodiak Area Native Association (KANA) is implemented "Securing Our Future, Preserving Our Past" Cancer Screening Initiative to reduce the number of cancer related deaths among the Alaska Native population of Kodiak Island. Strategies includes developing a women's health registry to track pap smears, mammograms, and colorectal screenings; identifying and quantifying the clinic's target population residing in the City of Kodiak or outlying villages on Kodiak Island; and providing culturally appropriate educational materials to patients. Over 260 women received pap screening, over 100 women received mammogram, and over 80 women received screening for colorectal cancer. Educational materials were distributed in the community.

The South Central Foundation (SCF) in Anchorage, Alaska focused their efforts to eliminate tobacco use and increase access to tobacco cessation programs on the Alaska Native Medical Center campus. SCF promoted a smoke free campus policy and provided on-going public education. Over 300 individuals attended group education and 100 received tobacco cessation counseling. Tobacco support group met weekly; primary care providers screened patients for readiness to quit; educational materials were distributed in the clinic waiting room. A "smoke fish, not tobacco" campaign was organized on campus.

FY 2006-2009 HP/DP Competitive Grantee Accomplishments (Continued)

The Menominee Indian Tribe of Wisconsin implemented a worksite-based HP/DP program for 690 employees from 20 Tribal worksites; 102 employees from College of Menominee Nation and 550 employees at the Menominee Casino-Bingo-Hotel. The Occupational Wellness Program provided worksite wellness activities that included nutritional campaigns, an eight-week “Healthy Weight challenge, and a 3-month fitness challenge with over 300 participants. Other activities included a pedometer challenge with over 120 participants, worksite exercise classes with over 130 employees, and a health risk appraisal (HRA) was administered to 460 employees and their spouses. Additional efforts included addressing worksite vending machines by increasing access to healthier beverages and snacks. Health fairs and luncheons were also provided with more than 250 employees participating.

The Norton Sound Health Corporation, Alaska has implemented a smoking prevention and cessation project. Varying strategies included school and community-based education; clinic-based smoking cessation program; implementation of a tobacco-free policy; and collaboration with the Nome Community Center and Tobacco Free Alliance to promote and educate local organizations and civic leaders about the benefits of a smoke-free environment. Highlights include providing smoking prevention to more than 1,100 youth and adults through school-based education and community outreach; offering tobacco cessation to 14 individuals; promoting a smoke free environment by displaying 16 tobacco-free campus signs and notifying the public of tobacco-free campus by mailing letters to 1600 post office box holders.

The Pueblo of San Felipe, New Mexico hired a coordinator to develop a comprehensive health promotion program focusing on nutrition, physical activity, and tobacco/substance/alcohol prevention in the community. The “Sports, Play and Active Recreation for Kids” (SPARK) was implemented into two schools twice a week reaching more than 480 students; expanded operation of the Fitness Center to 7-days a week to increase accessibility; offered summer youth activities; and compiled and distributed Tribal Employee Survey among 110 employees to promote worksite wellness programs.

The Round Valley Indian Health Center hired a coordinator to work with the Round Valley Unified School District to implement the “Fit Teen” curriculum focusing on physical activity and nutrition. The “Fit Teen” curriculum is integrated into the local community schools during physical education classes. Baseline health screenings were collected. Screenings included total cholesterol, HDL, LDL non-HDL and a fitness evaluation (stretches, sit-ups, blood pressure, and 3 minute step test) for 30 youth. Fit Teen curricula was implemented with 50 students participating; provided weekly parent meeting that reached 25 adults; and recruited 3 youth for the position as vegetable gardener, life guard, and Fit Teen program assistant.

The Southeast Alaska Regional Health Consortium (SEARHC) implemented WISEFAMILIES through Traditional Knowledge to strengthen healthy lifestyles. SEARHC partnered with the Jilkaat Kwann Cultural Heritage Center to support the tribe’s social and economic development plan and to improve chronic disease risks for all Klukwan residents. This pilot program supports a series of Traditional Knowledge Camps throughout the year focusing on lifestyle and other traditional knowledge that are important to re-establishing links to the active Tlingit culture. Camp participants and their families receive an annual physical exam. Over 90 individuals received health screening, of which, 52 returned for follow up screening. Results indicated an improvement in blood pressure and total cholesterol. Fifty-seven people participated in physical education, nutrition, or traditional knowledge camps.



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New Employee's Corner



Michelle Archuleta

Michelle Archuleta comes to the Bemidji Area from the southwest. In her previous job, she was the HP/DP Director for the Tuba City Regional Health Care Corporation in Tuba City Arizona.

As the HP/DP Consultant, she brings experience and knowledge that includes facilitation, experiential-learning, and program design and delivery in the area of health and wellness. She is especially interested in organizational learning and change processes related to leadership development, emergence, and systems learning.

Michelle is originally from Ridgecrest which is located in the high desert in eastern California. She is the daughter of Ben and Margaret Archuleta, a former college coach and avid bike spinning enthusiast.

Michelle is an enrolled member of the Lone Pine Paiute/Shoshone reservation and is also San Juan Pueblo (Tewa) along with having both German and Irish heritages from her mother.

She has no time for hobbies as she is working on a doctoral degree in Leadership and Change from Antioch University. When the chance comes she does enjoy going to coffee shops, listening to electric blues music, and the humorist Garrison Keillor on National Public Radio. Most of all Michelle is passionate about the outdoors, her two dogs, biking, and the precious moments of good conversation between friends.

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National Observances

December 1 - 31**Safe Toys and Gifts Month**

Prevent Blindness America
211 West Wacker Drive, Suite 1700

Chicago, IL 60606

(800) 331-2020

(847) 843-8458 Fax

info@preventblindness.org

<http://www.preventblindness.org>

Materials available

Contact: PBA Consumer and

Patient Hotline

December 1**World AIDS Day**

Joint United Nations
Programme on HIV/AIDS

unaids@unaids.org

<http://www.unaids.org/en/default.asp>

Materials available

December 6 - 12**National Handwashing Awareness Week**

Henry the Hand Foundation

11714 U.S. Route 42

Cincinnati, OH 45241

(513) 769-3660

dr.will@henrythehand.com

<http://www.henrythehand.com>

Materials available

Contact: Dr. Will Sawyer

January 1 - 31**Cervical Health Awareness Month**

National Cervical Cancer
Coalition (NCCC)

6520 Platt Avenue, #693

West Hills, CA 91307-3218

(818) 909-3849

info@nccc-online.org

<http://www.nccc-online.org/awareness.html>

Materials available

Contact: Rachel Biety

February 1 - 28**American Heart Month**

American Heart Association

7272 Greenville Avenue

Dallas, TX 75231

(800) 242-8721

karyn.cameron@heart.org

<http://www.americanheart.org/pr/center.jhtml?identifier=4441>

Materials available

Contact: Karyn Cameron

February 1 - 28**National Children's Dental Health Month**

American Dental Association

211 East Chicago Avenue

Chicago, IL 60611-2637

(800) 621-8099

ncdhm@ada.org

<http://www.ada.org/prof/events/featured/ncdhm.asp>

Materials available

Contact: None designated

February 5**National Wear Red Day**

National Heart, Lung, and Blood
Institute Health Information
Center

Attention: The Heart Truth

P.O. Box 30105

Bethesda, MD 20824-0105

(301) 592-8573

(240) 629-3255 TTY

(301) 592-8563 Fax

nhlbiinfo@nhlbi.nih.gov

<http://www.nhlbi.nih.gov/health/hearttruth>

Materials available

Contact: Information Specialist

March 1- 31**National Nutrition Month®**

American Dietetic Association
120 South Riverside Plaza,
Suite 2000

Chicago, IL 60606-6995

(800) 877-1600 x4771

(312) 899-0040

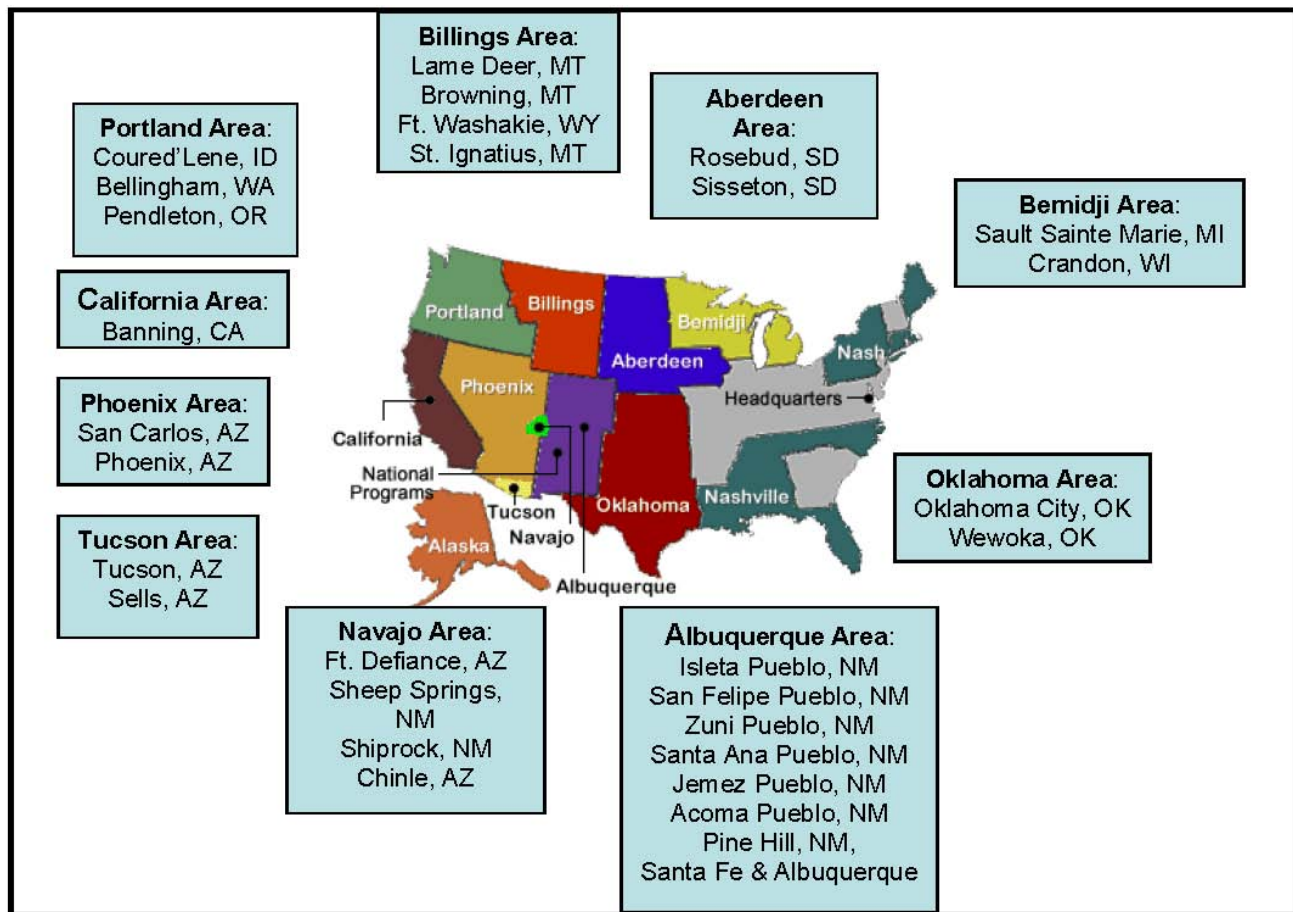
(312) 899-4739 Fax

nnm@eatright.org

Materials available

Contact: Knowledge Center

Physical Activity Kit: Increasing Physical Activity across the Life Span



The Physical Activity Kit (PAK) is designed to encourage individuals of all ages to participate in physical activity and reduce their risk of chronic conditions and diseases. In an effort to On May 14, 2009, PAK was rolled out in Rockville, Maryland

Currently, over 200 individuals have been trained to implement the kit in the workplace, community, school, elderly centers, and youth programs. If you are interested in the PAK training, please contact your IHS Area HP/DP Coordinator.

Quotes from the field:

"It was so fun!"

"I learned new games to play."

"We will have more organized recess activities for children sitting around."

"We will train Teacher's Assistance & parents."

"It was fun working out!"



PAK Rollout on May 14, 2009

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IHS Area Health Promotion/Disease Prevention Coordinators

Aberdeen Area VACANT Federal Building 115 Fourth Avenue, Southeast Aberdeen, SD 57401 Phone: 605-226-7244	Alaska Area Teresa Hicks, RD, CDE Alaska Native Tribal Health Consortium 4000 Ambassador Drive - Floor 4 Anchorage, AK 99508 Phone: (907)729-3634 tahicks@anmc.org	Albuquerque Area Theresa Clay, MS 5300 Homestead Road, NE Division of Clinical Quality/HPDP Albuquerque, NM 87110 Phone: (505)248-4772 theresa.clay@ihs.gov
Bemidji Area Michelle Archuleta, MS 522 Minnesota Ave, NW Bemidji, MN 56601 Phone: 218-444-0492 michelle.archuleta@ihs.gov	Billings Area Leeann Johnson, MPH 2900 4th Ave. N. P.O. Box 36600 Billings, MT 59107 Phone: (406)247-7118 leann.johnson@ihs.gov	California Area Beverly Calderon, RD, MS, CDE 1320 W. Valley Parkway, Suite 309 Escondido, CA 92029 Phone: (760)735-6884 beverly.calderon@ihs.gov
Headquarters Alberta Becenti, MPH Albuquerque National Program 5300 Homestead Rd N.E. Albuquerque, New Mexico 87110 Phone (505) 248-4238 Alberta.becenti@ihs.gov	Headquarters Dwayne Jarman DVM, MPH Helena Indian Alliance 435 N. Last Chance Gulch Helena, MT 59601 Phone: 240-328-4923 dwayne.jarman@ihs.gov	Health Native Community Partnership Chris Percy, MD Marita Jones, MPH PO Box 1019 Shiprock, NM 87420 chris.percy@ihs.gov Marita.jones@ihs.gov
Nashville Area VACANT 711 Stewarts Ferry Pike Nashville, TN 37214-2634	National Just Move It Campaign Shelley Frazier, MPH PO Box 1019 Shiprock, NM 87420 Phone: (505)368-6301 shelley.frazier@ihs.gov	Navajo Area Marie Nelson, BS Navajo Area Indian Health Service P.O. Box 9020 Window Rock, AZ 86515 Phone: (928)871-1338 marie.nelson@ihs.gov
Oklahoma Area Freda Carpitcher, MPH 701 Market Drive Oklahoma City, OK 73114 Phone: (405)951-3717 freda.carpitcher@ihs.gov	Phoenix Area Shannon Beyale, MPH Two Renaissance Square 40 North Central Ave., Suite 606 Phoenix, AZ 85004 Phone: (602)364-5155 shannon.beyale@ihs.gov	Portland Area Joe W. Law, BS 1220 SW 3rd Ave, Suite 476 Portland, OR 97204-2892 Phone: (503)326-7280 joe.law@ihs.gov
Tucson Area Phyllis Spears, RN 7900 South "J" Stock Road Tucson, AZ 85746-7012 Phone: (520)295-2544 phyllis.spears@ihs.gov		

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Upcoming Meeting, Conferences & Training

Nov 4-5, 2009	Physical Activity Kit (PAK) Train-the-Trainer in Crandon, Wisconsin Contact: Lisa Miller http://www.ihs.gov/hpdp/index.cfm?module=PAK_Training
Nov 17-18, 2009	Physical Activity Kit (PAK) Train-the-Trainer in Rapid City, South Dakota Contact: Connie Brushbreaker http://www.ihs.gov/hpdp/index.cfm?module=PAK_Training
Dec 15-17, 2009	Physical Activity Kit (PAK) Train-the-Trainer in Bellingham, Washington Contact: Jean Charles-Azure (301)443-0576
Dec 17-18, 2009	Youth Leadership Train-the-Trainer Phoenix, Arizona Contact: Alberta Becenti (505)248-4238
January 2010	1st Week Healthy Native Communities Fellowship in Scottsdale, Arizona Contact: Marita Jones (505)368-6567
January 12-13, 2010	HP/DP Cooperative Agreement Workshop Albuquerque, New Mexico

If you should have any questions about the
HP/DP Newsletter, please call or email:

Alberta Becenti
Indian Health Service
Health Promotion/Disease Prevention
5300 Homestead Road, NE
Albuquerque, New Mexico 87110
(505) 248-4238

Alberta.Becenti@ihs.gov

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